

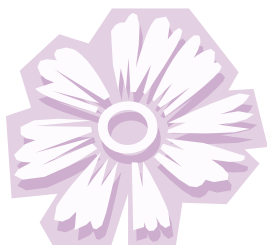
Test Your Knowledge about Women's Health

“Test Your Knowledge About Women’s Health” can be found online at:
<http://www.cdc.gov/women/test.htm>

US Department of Health and Human Services
Centers for Disease Control and Prevention
Office of Women's Health
<http://www.cdc.gov/women/index.htm>



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<http://www.dhs.ca.gov/director/owh/>



Office of Women's Health

Women's Health
prevention works for women

Questions and Answers: Test Your Knowledge about Women's Health



True or False?

Test your knowledge about women's health by picking either **true** or **false** about statements below. Look inside the pamphlet to see if you are right and for more information on that topic.

1. **Birth defects** and disabilities cannot be prevented.
2. **Cervical cancer** is associated with a sexually transmitted infection.
3. **Breast cancer** is the leading cause of death in women.
4. Pregnant women should be screened for the bacteria group B streptococcus (**group B strep**) late in pregnancy to reduce the risk of passing it to their newborn.
5. Female workers are at greater risk for **musculoskeletal disorders** than are male workers.
6. **Intimate partner violence** can be prevented.
7. Overweight and **obese women** are at increased risk for cancer, poor reproductive health, and pregnancy complications.
8. **Pregnant women** should not be vaccinated because it will definitely harm the baby.
9. More males than females have **asthma attacks**.
10. Women who smoke are at an increased risk for **reproductive health** problems.

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1. Birth defects and disabilities cannot be prevented.

False. Some birth defects and disabilities can be prevented. There are steps that a woman can take to increase her chance of having a healthy baby. **Take 400 micrograms of folic acid daily** before and during pregnancy to reduce the risk of birth defects of the brain and spine. **Avoid drinking alcohol** to prevent fetal alcohol syndrome, a disorder characterized by growth retardation, facial abnormalities, and central nervous system dysfunction. **Avoid smoking and second-hand smoke.** Cigarette smoking can result in low birth weight and cause long-term learning disabilities. It is also associated with infertility, miscarriages, tubal pregnancies, infant mortality, and childhood morbidity. **Get prenatal care.** Discuss family history of pregnancy complications or birth defects, medical history, medications, immunizations, and other issues to ensure that you are on the right track for a healthy pregnancy. ABCs...

Pregnancy Tips (A-Z)*

<http://www.cdc.gov/ncbddd/bd/abc.htm>

Birth Defects and Developmental Disabilities

<http://www.cdc.gov/ncbddd/>

Fetal Alcohol Syndrome*

<http://www.cdc.gov/ncbddd/fas/>

Folic Acid*

<http://www.cdc.gov/ncbddd/folicacid/index.htm>

2. Cervical cancer is associated with a sexually transmitted infection.

True. Genital human papillomavirus infection is a sexually transmitted disease (STD) that is caused by certain types of human papillomavirus (HPV). Human papillomavirus is the name of a group of viruses that includes more than 100 different strains or types. Over 30 of these viruses are sexually transmitted. Some "high-risk" types of HPV may cause abnormal changes on the cells of the cervix (opening of the womb) and may, in rare cases and after several decades, lead to cervical cancer (cancer of the cervix). Other "low-risk" types may cause mild abnormalities of the cervix or genital warts. Although only a small proportion of women have persistent infection, persistent infection with "high-risk" types of HPV over many years is the main risk factor for cervical cancer.

A Pap test can detect pre-cancerous and cancerous cells



Asthma: A Heavy Burden for Women: Health Matters for Women™ Newsletter- Fall 2002

<http://www.cdc.gov/women/newsltr/02fall.htm>

Asthma Prevalence, Health Care Use and Mortality, 2000-2001*

<http://www.cdc.gov/nchs/products/pubs/pubd/hestats/asthma/asthma.htm>

Basic Facts about Asthma*

<http://www.cdc.gov/nceh/airpollution/asthma/faqs.htm>

10. Women who smoke are at an increased risk for reproductive health problems.

True. In 1999, approximately 165,000 women died prematurely from smoking-related disease like cancer and heart disease. Women also face unique health effects from smoking. For example, women who smoke have increased risks for conception delay and for both primary and secondary infertility. They may have a modest increase in risks for ectopic pregnancy and spontaneous abortion. Smoking during pregnancy causes health problems for both mothers and babies, such as pregnancy complications, premature birth, low-birth-weight infants, stillbirth, and infant death. Women who smoke are younger at natural menopause than non-smokers and may experience more menopausal symptoms.

Health Consequences of Smoking: A Report of the Surgeon General, 2004*

http://www.cdc.gov/tobacco/sgr/sgr_2004/

Women and Smoking: A Report of the Surgeon General, 2001*

http://www.cdc.gov/tobacco/sgr/sgr_forwomen/

How to Quit: Useful Resources to Quit Smoking

<http://www.cdc.gov/tobacco/how2quit.htm>

*Used as a source for this pamphlet.

8. Pregnant women should not be vaccinated because it will definitely harm the baby.

False. Risk to a developing fetus from vaccination of the mother during pregnancy is primarily theoretical. No evidence exists of risk from vaccinating pregnant women with inactivated virus or bacterial vaccines or toxoids. The benefits of vaccinating pregnant women usually outweigh potential risks when the likelihood of disease exposure is high, when infection would pose a risk to the mother or fetus, and when the vaccine is unlikely to cause harm. For example, because of the increased risk for complications of influenza, women who are or might be pregnant during the influenza season should be vaccinated with the trivalent inactivated influenza vaccine.

Generally, pregnant women should avoid live virus vaccines (measles, mumps, rubella, varicella, and yellow fever). Women should also avoid becoming pregnant within 1 month of having received one of these vaccines because of theoretical risk of transmission of vaccine virus to the fetus. However, no harm to the fetus has been reported from the accidental administration of these vaccines during pregnancy.

General Recommendations on Immunization: Recommendations of the Advisory Committee on Immunization Practices (ACIP) and the American Academy of Family Physicians (AAFP)*

<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5102a1.htm>

[Guidelines for Vaccinating Pregnant Women](http://www.cdc.gov/nip/publications/preg_guide.htm)

http://www.cdc.gov/nip/publications/preg_guide.htm

Pregnancy, Breast-Feeding, and Travel*

<http://www.cdc.gov/travel/pregnant.htm>

9. More males than females have asthma attacks.

False. In 2001, females had an asthma attack prevalence almost 40% higher than males. If you have asthma, you can reduce your risk for getting an attack by avoiding triggers, such as second-hand smoke, dust mites, outdoor air pollution, cockroaches, pets, and mold. Make an asthma management plan with your health care provider. Know the warning signs of an attack and what to do when it happens, including taking any medications your health care provider may prescribe.



on the cervix. Regular Pap testing and careful medical follow-up (with treatment if necessary) can help ensure that pre-cancerous changes in the cervix do not develop into life-threatening cervical cancer. Women should begin getting a Pap test within 3 years of the onset of sexual activity, but no later than at age 21.

Because genital HPV infection is most common in men and women who have had multiple sex partners, abstaining from sexual activity (i.e. refraining from any genital contact with another individual) is the surest way to prevent infection. For those who choose to be sexually active, a monogamous relationship with an uninfected partner is the strategy most likely to prevent future genital HPV infections. For those who choose to be sexually active but who are not in a monogamous relationship, reducing the number of sexual partners and choosing a partner less likely to be infected may reduce the risk of genital HPV infection. The available scientific evidence is not sufficient to recommend condoms as a primary prevention strategy for the prevention of genital HPV infection, but it does indicate that the use of condoms may reduce the risk of HPV-associated cervical cancer.

Genital HPV Infection*

<http://www.cdc.gov/std/HPV/STDFact-HPV.htm>

National Breast and Cervical Cancer Early Detection Program: Reducing Mortality through Screening

<http://www.cdc.gov/cancer/nbccedp/about.htm>

Prevention of Genital Human Papillomavirus Infection*

<http://www.cdc.gov/std/HPV/2004HPV%20Report.pdf>

3. Breast cancer is the leading cause of death in women.

False. Heart disease is the leading cause of death in women. Heart disease was responsible for approximately 356,014 deaths in women in 2002. Breast cancer caused about 41,514 deaths in women the same year. You can lower your risk for heart disease by getting regular exercise, eating healthy, maintaining a healthy weight, and being smoke-free. See your health care provider to determine risks and to develop a plan to treat existing heart disease.

Heart Disease and Stroke Prevention*

<http://www.cdc.gov/dhdsp/index.htm>

Mortality Data

*<http://www.cdc.gov/nchs/about/major/dvs/mortdata.htm>

4. Pregnant women should be screened for the bacteria group B streptococcus (group B strep) late in pregnancy to reduce the risk of passing it to their newborn.

True. Group B streptococcus (group B strep) is a type of bacterium that causes illness in newborn babies, pregnant women, the elderly, and adults with other illnesses, such as diabetes or liver disease. Group B strep is the most common cause of life-threatening infections in newborns, but in most cases it can be prevented. It is recommended that pregnant women be tested for group B strep in their vagina and rectum when they are 35 to 37 weeks pregnant. The test is simple and does not hurt. Pregnant women who carry group B strep should be given antibiotics (medicine) through the vein (IV) at the time of labor or when their water breaks to prevent group B strep bacteria from being passed to their newborn.

Group B Strep Disease: Frequently Asked Questions
*http://www.cdc.gov/groupBstrep/gbs/gen_public_faq.htm

5. Female workers are at greater risk for musculoskeletal disorders than are male workers.

True. Sprains and strains, carpal tunnel syndrome, tendonitis, and other musculoskeletal disorders account for more than half (52%) of the injuries and illnesses suffered by female workers, as compared to 45% for male workers. Further research is needed to determine the factors that place women at greater risk for musculoskeletal disorders. Research will examine if physical differences between men and women, or differences in the jobs they hold, contribute to this increased risk for women. Periodic rest breaks throughout the work shift can help reduce musculoskeletal discomfort. Ergonomics interventions that fit workplace conditions and job demands to the capabilities of workers can help prevent work-related musculoskeletal disorders.

Ergonomics and Musculoskeletal Disorders
<http://www.cdc.gov/niosh/topics/ergonomics/>
[Women's Safety and Health Issues at Work*](http://www.cdc.gov/niosh/topics/women/)
<http://www.cdc.gov/niosh/topics/women/>
Work-Related Musculoskeletal Disorders
*<http://www.cdc.gov/niosh/muskdsfs.htm>



6. Intimate partner violence can be prevented.

True. Like all violence, intimate partner violence is a learned behavior that can be changed or prevented. Recognize early warning signs for physical violence such as a partner's extreme jealousy, controlling behavior, verbal threats, history of violent tendencies or abusing others, and verbal or emotional abuse. Know what services are available for victims and perpetrators of intimate partner violence and their children in case you or a friend should need help.

Intimate Partner Violence
<http://www.cdc.gov/ncipc/factsheets/ipvfacts.htm>
Safety Tips for You and Your Family*
<http://www.cdc.gov/ncipc/factsheets/ipvtips.htm>
National Domestic Violence Hotline
<http://www.ndvh.org/> (Non-CDC site)
800-799-SAFE (7233)
800-787-3224 (TDD)

7. Overweight and obese women are at increased risk for cancer, poor reproductive health, and pregnancy complications.

True. Overweight and obese individuals (BMI of 25 and above) are at an increased risk for many ailments. These include some types of cancer (such as endometrial, breast, prostate, and colon); poor female reproductive health (such as menstrual irregularities, infertility, and irregular ovulation); pregnancy complications; coronary heart disease; stroke; diabetes; and osteoarthritis. Obesity is at an all time high in the United States, and the epidemic is getting worse. Maintain a healthy weight to reduce your risk for many diseases and conditions. Watch how much you eat, cut down on saturated fats, and eat 5 to 9 servings of fruits and vegetables daily. Do thirty minutes of moderate physical activity most days of the week. Find activities that you enjoy, such as dancing, walking the dog, cutting the grass, jogging in the park, or gardening.

Nutrition Topics
<http://www.cdc.gov/nutrition>
[Overweight and Obesity Health Consequences*](http://www.cdc.gov/nccdphp/dnpa/obesity/consequences.htm)
<http://www.cdc.gov/nccdphp/dnpa/obesity/consequences.htm>
Physical Activity
<http://www.cdc.gov/nccdphp/dnpa/physical/>